

Adapted Physical Education Screening Form

Teacher _____

Student's Name: _____ Date of Birth: _____ Age: _____
 Grade: _____ School: _____ Date: _____ Form Completed by: _____

STATE KNOWN PHYSICAL LIMITATIONS: _____

Complete only items for appropriate age level: **Scoring Code:** + Symbol= Successfully Completed o Symbol- Unable to Perform

If not otherwise specified, allow three trials for successful completion.

	<u>PERFORMANCE STANDARD</u>		
	Age 3	Age 4	Age 5
____ Walks up and down stairs without adult assistance.	3 steps	5 steps	5 steps
____ Jumps in place consecutively	2 times	3 times	4 times
____ Catches bean bag while standing (3 trials).	4 feet (against body)	4 feet (with hands)	4 feet (with hands)
____ Runs (without falling)	10 feet	15 feet	20 feet
____ Stands on one foot	3 secs.	5 secs.	5 secs.
____ Throws a bean bag.	3 feet	4 feet	5 feet

	<u>PERFORMANCE STANDARD</u>		
	Age 9	Age 10	Age 11
____ Jumps consecutively (vertically)	4 times	6 times	8 times
____ Runs (without falling).	30 feet	35 feet	50 feet
____ Performs jumping jacks.	4 times	6 times	8 times
____ Tosses a playground ball from a distance on 4 feet.	3 times	4 times	5 times
____ Catches a playground ball from a distance of 4 feet	3 times	4 times	5 times
____ Walks forward (heel to toe) on a line alternating feet.	5 steps	10 steps	10 steps

	<u>PERFORMANCE STANDARD</u>		
	Age 6	Age 7	Age 8
____ Hop on one foot, consecutively.	5 times	5 times	5 times
____ Skip forward or gallops.	5 times	5 times	5 times
____ Bounces and catches a ball	3 times	5 times	5 times
____ Catches a playground ball with 2 hands tossed from appropriate distance.	3 feet	5 feet	5 feet
____ Balance on one foot	5 sec.	10 sec.	15 sec.
____ Runs (without falling)	20 feet	25 feet	30 feet

	<u>PERFORMANCE STANDARD</u>			
	Age 12	Age 13	Age 14	Age 15 & Older
____ Runs (without falling).	50 feet	50 feet	50 feet	50 feet
____ Jumps consecutively (vertically).	8 times	10 times	10 times	10 times
____ Performs jumping jacks.	8 times	10 times	10 times	10 times
____ Tosses a playground ball from a distance of 4 feet.	5 times	5 times	5 times	5 times
____ Catches a playground ball from a distance of 4 feet.	5 times	5 times	5 times	5 times
____ Walks forward (heel to toe) on a line.	10 steps	15 steps	15 steps	15 steps

Is student participating successfully in regular physical education activities? _____ if not, why not? _____